

Central West Cycle Trail Trip Notes (anticlockwise)

11 September 2026

By Central West Cycle Trail Inc

[Central West Cycle Trail](http://centralwestcycletrail.com.au)



NOTE: Explaining directions verbally can at times be difficult, if you have corrections or improvements to the instructions, please forward to info@centralwestcycletrail.com.au. It is advised that you also have some form of maps to cross check with the notes to assist in making your way around the CWC. A double check never goes astray.



Around the trail you will see this signage – the white arrow is for following the trail in a clockwise direction, and the black for anticlockwise direction. The signs are not so closely spaced that you could do the trail without notes and/or maps but are placed at critical turning points to make navigating the trail easier and provide reassurance.

1. Mudgee to Gulgong (30 Km)

Cycle out of town in a westerly direction along the Castlereagh Highway. About 2.4 kilometres from the Post Office turn right. Cycle along the quiet Wilbetree Road with its pastoral landscape of early settlement along the Cudgegong River. You will cross the Wilbetree Bridge (9.4KM) and continue straight. The sealed road will soon change to gravel.

At a Tee intersection turn left (18.7 km) along the Canadian Lead Road, an old gold mining landscape. This gravel road will continue right to Gulgong. At the next Tee intersection, with Mayne Street (28km) turn left and cycle up to the shops of Gulgong. At Herbert Street intersection turn left and travel one block to the Post Office.

Stroll around the town centre and visit the many museums. The Holtermann Museum in Mayne Street is strongly recommended and a world class exhibition.

Mudgee and Gulgong offer a myriad of accommodation both in hotels, motels, and Bed & Breakfasts. Contact the [Mudgee Visitors Information Centre](#).

Loop Rides from Mudgee Numerous cyclists have asked for Loop Rides -

Mudgee to Gulgong and return: Take the main CWC ride to Gulgong via Wilbetree Road, Canadian Lead and Mayne St. into Gulgong. The simplest route to return is Henry Lawson Drive all the way. However, note this is a sealed road and while often quiet, traffic can be fast. Take care. Cycle down Mayne Street - traveling east, and this becomes Henry Lawson Drive. This will take you almost all the way back to Mudgee. Turn right when you reach the Ulan Road for the last 2km into Mudgee.

2. Gulgong to Dunedoo (50-60 km)

Leave town by continuing to cycle west along Mayne Street. Very soon you turn right onto Medley Street, a quiet sealed road. Continue on this quiet sealed road and as you leave the town behind it becomes known as Barneys Reef Road, which is another name from the Gold mining days. Continue for 15 km (from the PO) and then there is a choice of routes.

The moderate route is to carry straight on. Cycle towards Merotherie on this unsealed road. The road forks after 9km. Take the left turn towards Merotherie. Another 1.5 km on you will pass a motor cross park called Free Flight Moto. Cycle less than 2km and another **T** intersection- turn left onto Birriwa Bus Route South. The road is generally well graded with some excellent distance rural views, good shade and bird life such as groups of Galahs, Choughs and Magpies. Continue approx. 3 km till you reach a **T** intersection and turn left following Bus Route South. Stay on this road as it winds about until it reaches the small settlement of Birriwa. The road is sandy now and you will pass the large property of 'Mayfield'. And after a total of 25 km on this alternative route you will reach the Castlereagh highway and the very small settlement known as Birriwa.

Alternative route along via Slap Dash Creek - challenging:

After 15 km from Gulgong you will reach a turn to the left. The sign says: 'No Through Road'. This is a continuation of Barney's Reef Road which follows Slap Dash Creek. If there have been heavy rainfalls, or if you are not too keen on sandy tracks and occasionally walking – please take the other route described above, to Birriwa via Birriwa Bus Route South.

If you are taking the Slap Dash Creek alternative turn left into the 'No Through Road'. Veer right after a few hundred metres. For the next 14 km you will cross the creek several times and hopefully spot many birds, kangaroos, wallabies, stray sheep or even a goanna. Yucca Plants near the road are remnants of the old coaching days. The bushland is thick with cypress pines as you cross over the hill that was Barney's Reef. You reach the end of the nature trail and a sealed road called Bus Route South. Turn left and cycle the short distance to the former **Birriwa** village. (31km) (Note there is a separate map for this segment of the CWC).

From Birriwa: Take care as you cross over the highway. Turn back to the left and cycle south. Travel only half a kilometre till you reach Birriwa Road; turn right onto it.

Cycle about 6 km along Birriwa Road. A quiet road it winds with a couple of left-hand turns. The road is undulating with good long-distance rural views. When you reach a junction with

Tucklan Road, turn right and follow it into the town of Dunedoo. It is an undulating road of about 13 kms with some stiffer climbs, light traffic and good rural views. Turn left into the main street of **Dunedoo**: Bolero Street and cycle along to the Post Office. (19km)

Dunedoo accommodation includes Hotel Dunedoo and there is a motel and a Caravan Park. Also, there is a number of B&B's including Sharon Nott's Caddy Shack and farm stays in the district. Contact the [Warrumbungle Vistors centre](#)

Refreshments on the way: If you would like a lovely break on a farm for morning or afternoon tea, lunch or just for fresh water and a farm tour, you can stop off at 'Mayfield' at 591 Bus Route South. It is just a few kilometres before Birriwa. Call Sue or Geoff to make arrangements on 63758291!!

3. Dunedoo to Mendooran (53 km (via Digilah) or 63 km (via Cobbora))

Dunedoo via Digilah to Mendooran

Follow Bolero Street east (Golden Highway) and as you leave town, you will turn left into Sullivan Street. After about 1.2 km turn left into Digilah Road and now you are in an open rural landscape, with spaced eucalyptus trees, and some modest climbs. At the HF Ewin bridge, there is a T junction. Turn west. (left)

After 18 km you will pass the entrance to the historic property of 'Digilah'. Go past the turn off to Lockerbie Rd on your right, continuing on the Digilah road. After a creek crossing, you will come to the homestead track going straight ahead. Don't go in but follow the fork to the right. Soon after there is a cattle grid to cross and immediately take the left-hand fork. A little further on, take the left hand turn towards Mendooran with good views back at the historic woolshed. This pleasant route has rocky outcrops, cypress trees and long pastoral views, moving into denser bushland.

At 25 km you will pass by 'Boulderwood', then a low-level crossing over a Creek, and some settlement houses a little further on. Continue and at 35 km you will meet the Castlereagh Highway. Take great care with more traffic as you turn right and cycle another 18 km via the highway to the old Castlereagh River town of Mendooran. Continue along the main street, Bandulla Street and you will find the old Post Office on your right. Keep going and you will reach the Royal Hotel at the end of the street nearby the Castlereagh River.

Mendooran accommodation includes the Royal Hotel plus free Caravan and Camping on the Castlereagh River banks. For a good breakfast, and a packed lunch to take on your way, go to Crackez Bakery in Mendooran.

Dunedoo via Cobbora to Mendooran

This route reduces highway riding by 18 km to 11 km compared to the Dunedoo-Digilah-Mendooran route. There is another route avoiding all highway riding between Dunedoo and Mendooran by using a private road just south of Mendooran. Contact David Allworth on djallworth@gmail.com or 0408 726 038 or Mick Cooper (mobile 0437 136 169) who can provide a map and make arrangements to use the private road.

Proceed west along Bolero St (main street of Dunedoo) taking a left hand turn into Caigan St to Rhodes St, turn right along this delightful treed street until it meets Avonside Rd at a T

junction. Turning left at Avonside Rd follow this road for 12 km until it meets Avonside West Rd. Turn right to follow Avonside West Rd for 10km to Golden Highway. Avonside West Rd in wet weather can have road closed sign for vehicular traffic due to an area of bogging. Reaching the Golden Highway make a righthand turn following the highway for 700m. Turn left onto Cobbora Rd, which leads to the township of Cobbora. At Cobbora groups wanting morning tea, lunch or afternoon tea should prebook with Sally Dent (mobile 0498 542 689) of Cobbora Station, located at the edge of town. Follow the Cobbora Rd for 27km to the Castlereagh Highway. Turn left at the highway to Mendooran 11 km away.

For those you want to avoid any highway riding leaving Mendooran there is the private road just south of Mendooran and a detailed map can be provided by David Allworth (mobile 0408 726 038) or email djallworth@gmail.com.

4. Mendooran to Ballimore

Mendooran to Ballimore via Dalmallee Rd – Deadman's Trail 'the forest ride' (62.2km)

The Dalmallee option for going from Mendooran to Ballimore is crafted have cyclists entering the Goonoo forest at the easiest moment to avoid using the sealed and trafficked Forest Rd (Mendooran-Dubbo Rd).

Starting at the Post Office in the Bandulla St (Castlereagh Highway), the main street of Mendooran, at 400m turn left at The Royal Hotel corner, and head towards Dubbo along Forest Rd. At 3.8 km turn left off the sealed road to Dalmallee Rd. Follow this road to the railway line and parallel to the railway at 5.7 km there is a sign to Ballimore veer right, away from the railway line into the cypress pine forest.

At 11.5 km turn right onto Deadmans Trail. At 16.1 km you meet Forest Rd, turn left, and 16.5 km veer right into the forest onto Three Corners Trail.

Following this until 21.6km you meet Punks Trail and more open farmland over a fence to the west. Turn left and follow Punks Trail travelling in a straight line until 23.7 km. Here Breelong Trail will be on the right – do not take this turn. Veer left and at 24.9 km you meet Forest Rd. Turn right onto Forest Rd for 300m and at 25.3 km turn left onto Denmire Trail – the entrance point is a little rough.

Follow the trail east, at the intersection with Mt Carl Trail (26.4 km) turn right onto Mt Carl Trail. Continue through intersections with Starkey's (29.3 km), Withers and Garlings Trail (34.2 km) till you reach Frost Trail (37.5 km). There is a farm over the fence to the east.

Turn right onto Frost Trail and cycle 4 km until an intersection with Brennan's Trail (41.5 km). Turn left here onto Brennan's Trail and cycle south. At 45.0 km you will leave the forest behind and the road name changes to Goan Creek Road. Follow this road to Ballimore (61.3 km).

Finally turn left and cycle along Federation Street. You'll soon reach the Ballimore Pub: 'Hair of the Dog Inn' (61.9 km, which has refreshments, good food, accommodation and amenities. But check the hours before leaving Mendooran. Cyclists are warmly welcomed.

Mendooran to Ballimore via Punks Trail (59 km)

Measuring from the Post Office at Mendooran and travel south along the Castlereagh Highway for a short distance, passing a cemetery and then onto Forest Road. (700 m). Forest Road is a sealed road with traffic: take care. Cycle along Forest Road to Punks Trail (8.7 km) turn left onto Punks Trail. It is clearly marked.

Turn left onto the Punk's Trail and cycle into the lightly forested Goonoo State Conservation Area of Eucalyptus, Cypress and Casuarinas. You should see plenty of birds, and if you are lucky a Mallee Fowl and Glossy Black Cockatoos. But the Goonoo has patches of loose sand and stony outcrops. It can also be very muddy after rain. A mountain bike would be ideal, or a hybrid with wider tyres.

Cycle straight along this unsealed road past a road on your left at 17.2 km – do not turn here. At 17.3 km you will meet the edge of the forest continue cycling along the fenceline and cross a creek at 17.7 km, this is Dead Man's Creek. Heading south along the fenceline at 18.3 Three Corners Trail (18.3 km) will exit left – do not take this turn. Continue along fenceline, at 19.4 km there will be forest on both sides. Continue south, at 20.8 km Breelong Trail will be on the right – do not take this turn. Veering slightly to your left you will now be following the Breelong Trail as it heads to Forest Rd at 22.0 km, and the Denmire Creek bridge can be seen to your right 100m along Forest Rd. Head right onto Forest Rd and cross Denmire Creek. At 22.3 km Denmire Trail will intersect Forest Rd, turn left onto Denmire Trail – the entrance point is a little rough. Follow the trail east, at the intersection with Mt Carl Trail (23.4 km) turn right onto Mt Carl Trail. Continue through intersections with Starkey's (26.3 km), Withers and Garlings Trail (31.2 km) till you reach Frost Trail (34.5 km). Turn right onto Frost Trail and cycle 4 km until an intersection with Brennan's Trail (38.5 km). Turn left here onto Brennan's Trail and cycle south. At 42 km you will leave the forest behind and the road name changes to Goan Creek Road. Follow this road to Ballimore (58.9 km).

Finally turn left and cycle along Federation Street. You'll soon reach the Ballimore Pub: 'Hair of the Dog Inn' which has refreshments, good food, accommodation and amenities. cyclists are warmly welcomed.

Mendooran to Ballimore via Forest Road 54km (the short route)

Leave Mendooran and travel south along the Castlereagh Highway for a short distance, passing a cemetery and then onto Forest Road (700 m). Forest Road is a sealed road with light traffic but sometimes very fast general traffic and trucks: take care. Cycle along Forest Road for approx. 16.5 km until you reach Mount Carl Trail on your left. It is clearly marked with a National Parks sign.

Turn left onto the Mount Carl Trail and cycle into the lightly forested Goonoo State Conservation Area of Eucalyptus, Cypress and Casuarinas. You should see plenty of birds and possibly lizards such as dragon lizards. But the Goonoo has patches of loose sand and stony outcrops. It can also be very muddy after rain. A mountain bike would be ideal, or a hybrid with wider tyres.

Cycle straight on this unsealed road passed Starkeys, Withers and Garling Trail on your right, and past Spring Creek on your left, till you reach Frost Trail. This is a total of about 12 km from the beginning of the forest, and 28 km from Mendooran. Turn right onto Frost Trail and cycle 4 km until an intersection with Brennans Trail. Turn left here onto Brennans Trail and cycle south. After nearly 4 km you will leave the forest behind, and the road name changes to Goan Creek Road. you are now 37 km from Mendooran. Follow this road for 17 km, all the way to Ballimore.

Finally turn left and cycle along Federation Street. You'll soon reach the Ballimore Pub: 'Hair of the Dog Inn' which has refreshments, good food, accommodation and amenities. cyclists are warmly welcomed.

Mendooran to Ballimore via Dalmallee Rd (64 km): Some like to get off Forest Road as soon as possible and into the bush. Cycle out of Mendooran following Forest Road as suggested above, but at 4.8 km take Dalmallee Road veering to the left. Follow this road till it reaches the railway line – look for a sign with Goonoo State Conservation Area at 2 km from leaving Forest Road. A road to the right heads south from here moving away from the railway line. At 5.5 km from the sign board Goonoo State Conservation Area will be Dead Man's Trail. Do not turn here, continue south for another 4km until you reach the railway line. Cross the railway and immediately turn right following signs to Starkey's Trail. You want to get to Starkey's trail. Cycling beside the railway for about 4km turn right over the railway line following signs to Starkeys Trail. Once over the railway line turn right again, and follow the trail beside the railway north for 1.3km turning left into Starkeys Trail. Going west 6.2km along Starkey's trail, which at the end has a steep rise, you will arrive at an intersection with Mirrie Trail turn left and head south to Garlings Trail a further 5km on. Turn right into Garlings Trail and after 3km you will meet Mt Carl Trail, turn left (south) into Mt Carl Trail you are now back on the main CWC route. Follow Mt Carl Trail for 3.3 km to Frost Trail, turn right into Frost Trail and cycle 4 km until an intersection with Brennan's Trail. Turn left here onto Brennan's Trail and cycle south. After nearly 4 km you will leave the forest behind and the road name changes to Goan Creek Road. Follow this road for 17 km, all the way to Ballimore.

Ballimore offers camping and hotel room accommodation at their only pub 'The Hair of the Dog'. For accommodation also contact the [Dubbo Visitors Information Centre](#).

5. Ballimore to Dubbo (55 km)

Leave the Ballimore pub and cycle back along Federation Street about 400 metres to the junction with Goan Creek Road. Turn right to cross the rail line and carefully cross the highway. Cycle straight on along the Ballimore Road. This is a quiet sealed road often shaded by the trees beside it.

Just over 10 km turn right towards Westella along Westella Rd. A quiet sealed road that dips down here and there over water crossings including Mitchell Creek. You will pass the small tin clad Westella Hall after 3 km.

Continue on to the intersection with Geurie Rd turn left onto this gravel road which leads to Firbank Rd a further 5.6km on. Turn right onto Firbank Rd which takes you to the outskirts of Wongarbron 29km from Ballimore.

Alternatively follow Westella Rd to Wongarbron, providing sealed road all the way to Wongarbron.

Or, at the 5 road junction cycle straight through. You are on Plain Creek Road and soon the road is unsealed. Next you reach a T junction with Barbigal Road and turn left. (21km). You will pass Wongarbron Native Reserve after 2 km. The outskirts of Wongarbron is reached after 29 km.

Soon you reach an intersection with Railway Street.

From Wongarbron to Dubbo: Turn right into Railway Street to cycle to Dubbo.

Cycle straight along Railway Street until you reach Eulomogo Road (0.7 km). Turn right into Eulomogo Road cycling north. At the next tee intersection continue to follow Eulomogo

Road as it turns left. Then continue along this road as it meanders until you reach Torwood Road (9.1 Km from Wongarbron) turning right into it. At the next T intersection turn left into Pinedale Road, and then right at a Tee intersection into Peachville Rd (14.3 km from Wongarbron). Then left at the next crossroads into Whitewood Road which runs into Myall Street. Take the second left into Sheraton Road. Depending on where your accommodation is then make your own way to your accommodation. This leg of the journey from Wongarbron will be approx. 20 km.

Dubbo: offers a myriad of accommodation both in hotels, motels, and Bed & Breakfasts. Contact the [Dubbo Visitors Information Centre](#).

Wongarbron has accommodation nearby on Barbigal Road at Billy'O Bush Retreat. There is a cottage at Wongarbron suitable for 4, the 'Peppertree Cottage'. To book, ring Suzie at the Post office (0422615945). For a real treat at Wongarbron book in at Suzie's Post Office/Gratton Gallery for morning tea, coffee and scones (0422615945). May sure you book a day or more ahead.

6. Dubbo to Geurie (28 km)

Travel from Dubbo back to Wongarbron along the same path to reach Railway Street Wongarbron. Continue straight along Railway Street, past the old settlement of the Wongarbron.

There is the Ploughman's Rest Tavern in the centre of the Wongarbron for refreshments – check hours. Also, Suzie at the Wongarbron Post Office (0422615945) will make cyclists a great morning tea, or coffee with scones, if she is pre-warned! Book a day or more ahead.

Continue along Railway Street following the rail line. The sealed road finishes after a kilometre, and soon after that the road turns left up a steep hill on the Red Hill Road. Follow this trail as it winds up and over a hill. There are excellent views to make the effort worthwhile.

After 4.5 km from Wongarbron turn right into Albion Hill Road and cycle back down the hill again enjoying the distant views. At the base of the hill turn left, onto Deep Creek Rd. It crosses a culvert to the left (Don't go under the railway pass) and travels on to the settlement of Geurie. Here you will be greeted by the old town and wheat silos. Travel past these until you reach the turn to the right to cross the highway into the main section of Geurie Town. The Devil Dog Coffee Shop in Geurie is a great stop for refreshments. You have travelled almost 12 km from Wongarbron.

Alternate Route: If you prefer to take an alternate route to Geurie you can take the 'Tracker Riley Cycleway' south (Margaret Crescent) until you reach Old Dubbo Road. Turn left into Old Dubbo Road and stay on this road for about 29 kms and it will take you to Geurie. About 35 km from the centre of Dubbo. The first 20 km are seal, then a good gravel road. Take care as there may be more traffic on the first section.

7. Geurie to Wellington (30km)

This journey has an easy section at first but finishes with a challenging hill. Leave Geurie by turning into Mitchell Street traveling south and cycling up a slight climb passed the Bald Hill Reserve. Mitchell Street then becomes Arthurville Road. Cycle along this road and you will

cross the Macquarie River on an old timber truss bridge after 4 km. Turn left into River Road (8.8km).

Passing Zaia's Lane the road now becomes Bushrangers Creek Road. After 25 km the road rises fairly steeply over Mount Arthur and down into Wellington.

At Wellington you arrive beside the beautiful large Pioneer Park with just before the bridge crossing the Bell River and straight ahead to the Post Office in Maughan Street.

Wellington: offers a myriad of accommodation both in hotels, motels, and Bed & Breakfasts. [Wellington Visitor's centre](#)

8. Wellington to Goolma (49km)

You leave Wellington by cycling north along Percy Street, Namina Crescent, past Cameron Park, and onto Lee St (all part of the Mitchell Highway which form the main street), towards Dubbo. Crossing the bridge over the Macquarie River you pass through Montefiores which was the first settlement of Wellington.

On the edge of the town turn right off the highway onto the Mudjee Road (2 km). Cycle carefully another 3 kilometres until you reach a 'Y' intersection. Cross over the road and take the right-hand branch, the Twelve Mile Road to Goolma.

You will follow this road for 25 km. The road soon becomes unsealed. Just before the sealed road ends is a gravel road heading north (Gunagalderie Rd) which leads to high-end glamping at the property **Budgalong, Spicers Creek**, contact Nick Sutherland on (+61) 437 866 285 or go to the Budgalong [website](#). Continuing on the gravel of 12 Mile Rd you come again to a 'Y' intersection, take the left-hand branch the Uamby Road towards Goolma. The road makes a slow descent as you follow Uamby Creek and the Cudgegong River. You should be able to find an occasional picnic spot. There are many cattle grids along the way - take care! After about 42 km another road junction is reached where you turn left into Gorries Lane and cycle the last 5 km to small village of Goolma.

At Goolma you will find a very small settlement with a public toilet, hall, a few houses, and a hotel, though presently closed. The Goolma Hall is managed by the Goolma Amenities committee. The black tank on the Goolma hall has a tap and you can get **rainwater** there to fill any water bottles. There is an **e-bike recharging** point at the Goolma Hall – cost a gold coin donation.

You can also use the hall if you make prior arrangements for a donation of \$20. The hall has a kettle and good tap water - a great place for a group to get out of the weather and have the comfort of table and chairs. Call Leslie Tink on 63740220 or mobile 0427 740 220. Best to do this at least the night before so she can arrange the key. People arrange to camp at the Hall which has kitchen and provides good shelter. Bring your own sleeping bag and mat.

Goolma You can arrange morning tea or lunch from local Jean Ellis on 0408 115 588. Jean may also be able to organise accommodation at a farmhouse. Also, just next door is the "Cottage at Goolma" which can be found on [AirBnB](#), or by searching under Goolma, NSW, and is listed as "Historic Cottage in the Central West" or email Louise at mitchellpether@bigpond.com The cottage accommodates 6. Meals can be supplied by Jean as a cooked meal, or a hamper. This is within 1.5km of the Goolma village and is great place to start and finish the ride.

For bush camping - When you reach Goolma cycle back along the main road towards Wellington a few hundred metres and you will see a picnic table on your left. A few more hundred metres and you will see a driveway into the bushland camping on your right. This is a Camping Reserve and backs onto the Goolma Creek. However, there are no facilities there except the peaceful bush setting.

9. Goolma to Gulgong (31 km)

Goolma is a small settlement with public toilet, hall, a few houses. There is a black rain water tank on the hall.

After resting at Goolma, cycle out of town along the Highway in an easterly direction for just over 3 km. Then turn left into the Mebul Road. (If you notice a gravel side track after 1.5 km on the left-hand side of the highway, you can use to avoid some of this main road).

Mebul Road is a lovely rural sealed/unsealed road and after 10 km you reach a quiet crossroad with Wright's Lane. Go straight through. Continue for another 10 km and you will pass over a short, sealed section of the road with a new concrete culvert bridge. After 20km in total you arrive at the small settlement of Beryl and T intersection. Turn right into Spring Ridge road, immediately crossing a lovely timber bridge over the Wyaldra Creek.

Continue straight through the next intersection (don't turn left) onto the unsealed road ahead. This is still Spring Ridge Road. Follow it straight through, climbing slightly till you reach the main road, passing a large solar farm along the way.

When you reach the intersection with the main road there are two options.

Turn left into a main road, the Goolma Road, towards Gulgong. Travel carefully on this road as it can be a busy road for about 3.5 km to the outskirts of Gulgong and an intersection. Go straight through the intersection following Mayne Street up to the delightful historic town centre.

Alternatively, the quiet gravel road route is to go straight ahead into Bergalin Lane, turn left at Williams Rd after 2.3km, turn right at Adams Lead Rd, then turn left into Cossage Rd, turn left at Fisher St, turn right at the roundabout into Mayne St to the centre of town.

Cycling levels

Each leg of the cycling tour is graded to help you choose the right one. They are not for beginners but for people who have a reasonable level of fitness and cycle reasonably regularly. You may still need to dismount occasionally and walk your bike!

Check that the distances suit you and your ability and be mindful that there may be little or no available services along the way between towns. You must carry some water!

Check with the relevant Visitor centres for available services and accommodation before you set out.

Most of the cycling is shared paths with cars - but is on quiet back roads.

1. Easy to moderate

This grade covers cycle ways that are easy up to moderate. You'll be cycling through flat or gently undulating terrain, with the occasional more energetic ascent or rough surface. Some sealed and some unsealed roads.

2. Moderate

These rides are suitable for cyclists who are used to undulating routes with occasional energetic climbs and rough surfaces. You should have a reasonable level of fitness and be a fairly regular cyclist.

3. Moderate to challenging

Combining moderate grade rides with some challenging days in the saddle, this grade is ideal for reasonably fit regular cyclists who want to challenge themselves.

The challenging sections may include more demanding hilly terrain with challenging ascents on poor surfaces. The routes require a good level of fitness including some non-technical, off-road riding.